



Fit Business Tips of the Month

SEPTEMBER

As the last official month of summer arrives, it's important to enjoy all of the yummy summer fruits and vegetables before the season starts to change. Both of September's fruit and vegetable of the month – raspberries and tomatoes – are nutrition superstars... so get 'em while you still can!

QUICK AND SIMPLE TIPS

Break it up: We all know that we're supposed to get at least 30 minutes of physical activity every day, but all too often it can be hard to find 30 minutes to dedicate to exercise. Breaking these minutes down into smaller segments of 10 or 15 minutes can make this task a little more manageable. Try keeping a pair of comfortable walking shoes in your office, and go for a 15-minute walk during lunch with your co-workers. Don't have lunch time to spare? Get in the habit of taking the stairs... in one minute, or about 3 flights of stairs, a 150 pound person burns approximately 10 calories walking up stairs, and only 1.5 calories riding an elevator.

Get a Jump-Start to Your Day: Sick of the same boring breakfast? Don't eat breakfast at all? Shake up your morning routine by making a fruit smoothie, adding sliced fruit to your oatmeal, or topping low- or non-fat yogurt with fruit and granola. Everyone needs fuel in the morning, so why not make breakfast a family affair? Set your alarm clock 15 minutes earlier, and sit down with your family for breakfast... it's a great time to touch base with everyone and check schedules.





September's Fruit of the Month

RASPBERRIES

Health Benefits

Raspberries signify summer and rightfully so, as the late summer months are the peak harvest for these tasty little berries. Raspberries are brimming with vitamin C, potassium and fiber. Including raspberries in your low-fat diet along with a colorful variety of fruits and vegetables will help you to lower your risk of some cancers, heart disease, and may even lessen the complications from diabetes.

Selection

Select raspberries that are unblemished and brightly colored. If the container that the raspberries are in has juice stains, beware! Juice stains are often a sign that berries are crushed and possibly moldy.

Storage

The shelf life for raspberries is relatively short, and therefore fresh berries should be enjoyed within 2 to 3 days of purchase. After purchasing, toss out any moldy berries and be sure to eat any overripe berries within 24 hours. Return the remaining raspberries to the original container or place them, unwashed in a shallow pan lined with a paper towel, and store in the refrigerator. Although raspberries have a short shelf life and are not usually available at low cost year round, an excellent way to enjoy these tart little berries is to buy them fresh and freeze them yourself. The secret to successful freezing is to place unwashed and completely dry berries in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic bags or freezer containers, and enjoy for the next 10 months to one year.

Preparation Ideas

Raspberries are very delicate due to their hollow core and should be handled gently during preparation. When you're ready to use your raspberries, go through the fruit once more to sort out any moldy or mushy berries. Then rinse, drain, and pat dry. If you froze your own berries, a quick rinse under cool water may be necessary. Raspberries are delicious over your favorite cereal, low-fat yogurt or ice cream, and also make a great base for a salad dressing.

FEATURED RASPBERRY RECIPE: BREAKAWAY BANANA SPLIT

Ingredients

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- ¼ cup lowfat granola
- ¼ cup fresh raspberries

Preparation

1. Cut the banana in half lengthwise.
2. Spoon yogurt into a cereal bowl
3. Place the banana halves on both sides of the yogurt.
4. Top yogurt with granola and raspberries.
5. Serve.

Makes 1 servings.

Nutrition Information Per Serving

Calories 410, Carbohydrate 82g, Protein 0g, Total Fat 5g,
Saturated Fat 2.5g, Cholesterol 10mg, Sodium 220mg, Dietary Fiber 5g

Recipe courtesy of *All-Star Fast and Fun Recipes* and *California 5 a Day Campaign*.





September's Vegetable of the Month

TOMATOES

Health Benefits

Did you know that in 1893 the U.S. Supreme Court declared the tomato a vegetable, along with cucumbers, squash, beans and peas? That's right, a tomato is actually a fruit, but for the most part, they are served and prepared as a vegetable. There are more the 4,000 different varieties of tomatoes grown around the world, all of which are an excellent source of vitamins A and C, and lycopene... the powerful antioxidant that decreases the risk of certain cancers and heart disease. Including tomatoes in your low-fat diet along with a colorful variety of fruits and vegetables will help you to lower your risk of some cancers, heart disease, and may even lessen the complications from diabetes.

Selection

Cold temperatures damage tomatoes, so never buy tomatoes that are stored in a cold area. Choose plump tomatoes with smooth skins that are free from bruises, cracks and blemishes. Depending on the variety, ripe tomatoes should be completely red or reddish-orange.

Storage

Store tomatoes at room temperature until they have fully ripened. This will allow them to ripen properly and develop good flavor and aroma. Try to store tomatoes out of direct sunlight, because sunlight will cause them to ripen unevenly. If you must store them for a longer period of time, place them in the refrigerator, but for best flavor, serve at room temperature.

Preparation Ideas

Tomatoes are very versatile and can be used in just about any dish. They add wonderful color, flavor and texture to your favorite sandwich, salad or omelet, or can even be enjoyed stuffed, baked, stewed or grilled. While raw tomatoes are great, the health benefits of cooked tomato products, such as sauces and juices, are even better because our bodies can absorb the high concentrations of lycopene more easily.

FEATURED TOMATO RECIPE: EASY TURKEY SKILLET DINNER

Ingredients

- nonstick cooking spray
- $\frac{3}{4}$ pound lean ground turkey
- 1 medium onion, peeled and chopped
- 3 tomatoes, chopped
- 3 tablespoons tomato paste
- 1 teaspoon each dried basil, dried oregano, and garlic powder.
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 2 medium zucchini, sliced

Preparation

1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasoning.
4. Simmer over medium-low heat for 10 minutes.
5. Add zucchini and cook for 5 minutes more.

Makes 4 servings. $\frac{1}{2}$ cups per serving.

Nutrition Information Per Serving

Calories 174, Carbohydrate 12g, Protein 21g, Total Fat 5g,
Saturated Fat 1g, Cholesterol 57mg, Sodium 456mg, Dietary Fiber 3g

Recipe courtesy of *Discover the Secret to Healthy Eating* and California 5 a Day Campaign.

